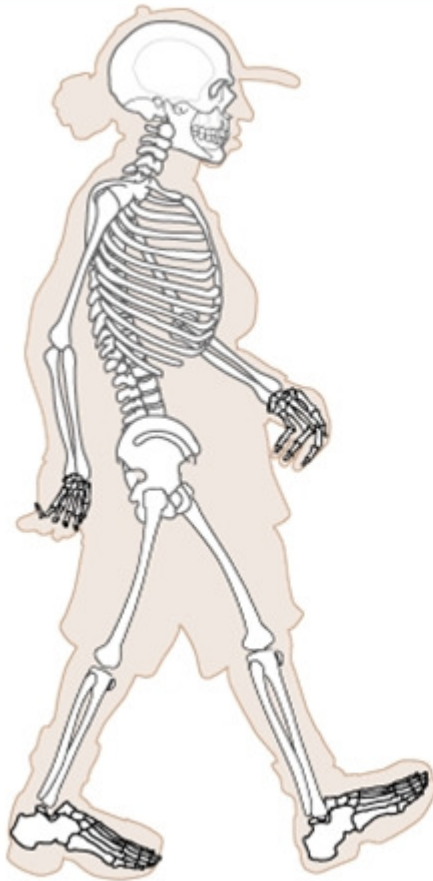


## Choices – Fish & corn rissoles



Tinned fish bones are good for you  
They help keep your bones healthy



# Preparing tinned fish



1 Open the tin



2 Remove the liquid

3 Empty fish into a bowl



4 Mash fish

5 Check to see all the bones are mashed

6 1 cup is 2 serves of fish

# Cooking the onions, garlic & curry powder



Small onion



2 teaspoons of  
curry powder



½ cup cooked  
onions



2 or 3  
cloves of  
garlic



1

Spray the pan with oil. Heat  
then add the onion and garlic



2

Cook until the onions brown



3

Lower the heat & add  
the curry powder



4

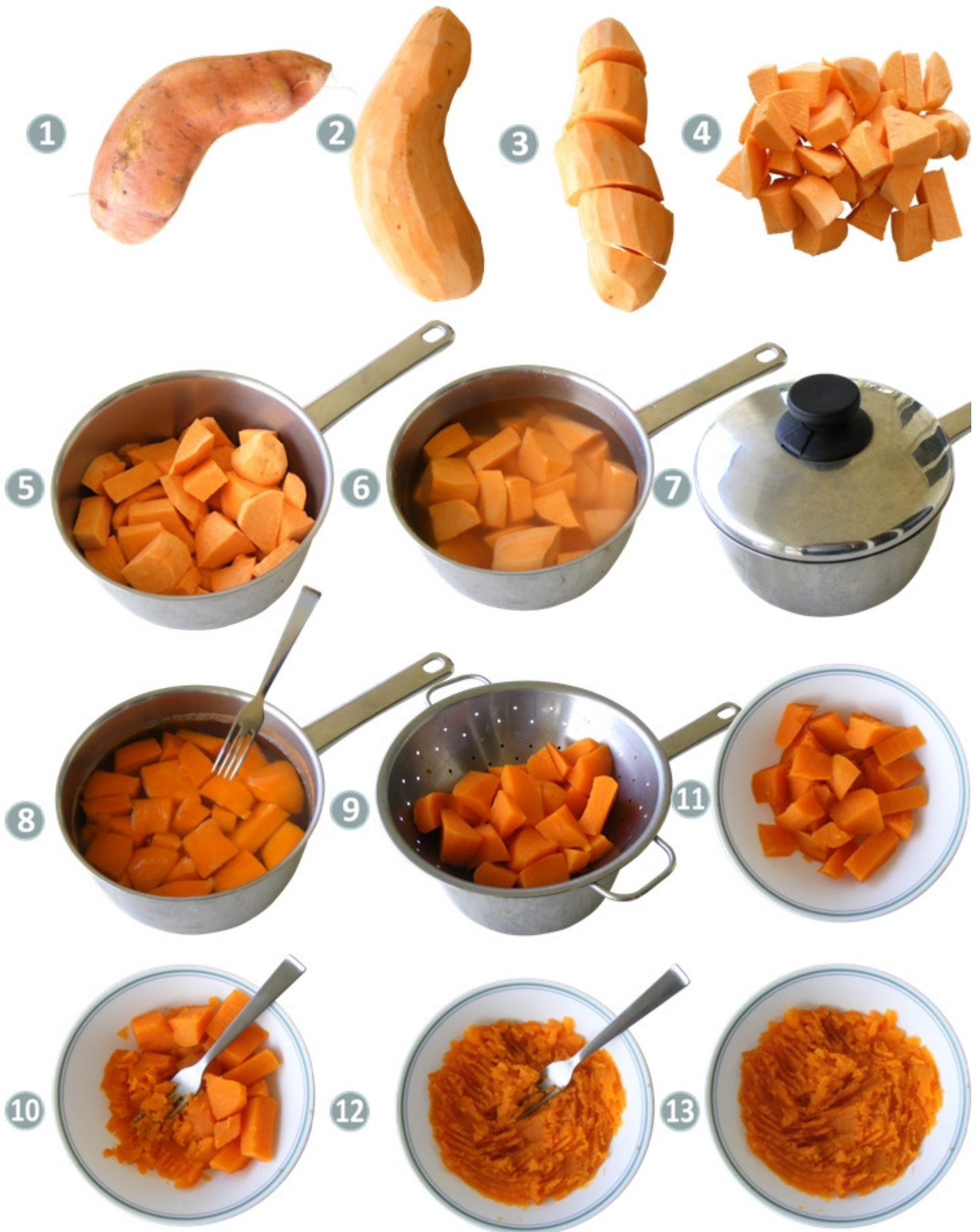
Gently roast the curry powder



5

Put aside

# Preparing the sweet potato



# The flour dusting mix



1 Weet-brix



$\frac{1}{2}$  cup  
wholemeal flour



$\frac{1}{2}$   
teaspoon  
Italian  
mixed  
herbs



**1** Place 1 wheat  
biscuits in a bowl



**2** Crush the wheat  
biscuits



**3** Rub the wheat biscuit  
until it is in fine pieces



**4** Add  $\frac{1}{2}$  cup plain  
wholemeal flour



**5** Rub flour and wheat  
biscuit together



**6** Add  $\frac{1}{2}$  teaspoon of  
Italian mixed herbs



**7** Rub in the  
herbs

# Peas



Frozen

Baby peas



Tinned



Sugar snaps



Fresh garden



Snow peas

# Corn



There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must use your own professional judgement when using this resource

### **Purpose of resource:**

To support the delivery of practical cooking and nutrition education sessions that aim to develop basic cooking and food preparation skills.

### **Key skills:**

This resource could be used to support development of the following key cooking and food preparation skills:

- safe food handling
- safe knife handling
- safe hand washing techniques
- keeping a clean and tidy work area

### **Target group:**

This resource is designed to be used by Australians of all ages.

### **Notes:**

This resource is designed to be printed A3 size and then laminated, so that it can be used by participants at their cooking stations.

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